



Product Spotlight: Zucchini

Did you know that even after cooking, zucchini is a great source of vitamin K? Vitamin K is essential for healthy bones and blood clotting.



Chicken Piccata

with Ribboned Zucchini Salad

Pan-fried chicken schnitzels with a bright and vibrant lemon and caper sauce, served over sweet potato mash with fresh ribboned zucchini and basil salad.



25 minutes



4 servings



Chicken

Switch it up!

Make it pasta! Instead of serving over sweet potato mash, dice the sweet potato and cook in a frypan with zucchini until tender. Toss through cooked pasta along with the sauce. Slice schnitzels and serve over pasta with basil and walnuts.

Per serve:	PROTEIN	TOTAL FAT	CARBOHYDRATES
	36g	35g	75g

FROM YOUR BOX

SWEET POTATOES	1kg
WALNUTS	1 packet
ZUCCHINIS	2
BASIL	1 packet
LEMON	1
CHICKEN SCHNITZELS	600g
BABY CAPERS	1 jar

FROM YOUR PANTRY

oil for cooking, olive oil, butter, salt, pepper, cornflour, dried thyme

KEY UTENSILS

large frypan, saucepan

NOTES

You can add parsley, shallot, garlic, chives and 1/2 stock cube to your sauce to give it even more flavour!



1. MAKE THE MASH

Roughly chop **sweet potatoes**. Place in a saucepan and cover with water. Bring to a boil for 10 minutes until potatoes are tender. Drain and return to pan. Mash with **2 tbsp butter** to a smooth consistency. Season with **salt and pepper**.



4. COOK THE SCHNITZELS

Reheat frypan over medium-high heat. Coat **chicken** in **oil**, **2 tsp thyme**, **salt and pepper**. Add to pan and cook for 4-5 minutes each side or until cooked through. Remove to a plate and keep pan over heat.



2. TOAST THE WALNUTS

Heat a large frypan over medium-high heat. Roughly chop **walnuts** and add to pan. Toast for 5 minutes until golden, remove to a large bowl and reserve pan.



5. MAKE THE SAUCE

Drain and rinse **capers**. Add to frypan along with **2 tbsp butter** (see notes). Cook until butter melts. Add lemon juice, **1 1/2 cups water** and **1 tbsp cornflour**. Whisk to combine. Simmer for 2-4 minutes until mixture thickens.



3. MAKE THE ZUCCHINI SALAD

Ribbon **zucchini**s, thinly slice **basil** leaves and zest and juice **lemon** (reserve juice for step 5). Add to walnuts and toss with **2 tbsp olive oil**.



6. FINISH AND SERVE

Divide mash among plates. Serve with schnitzels and zucchini salad. Spoon sauce over schnitzels and salad.



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